



Of course they're thrilled and delighted with Mrs. Newlywed's new Glenwood Certified Performance gas range. So, too, will you be when you see the beautiful C. P. Glenwood bargain special now on display at the R. G. & E. salesrooms. It has complete automatic lighting and the bargain price includes Lamp, Minute Minder, Condiment Set and Lift Covers. The regular price is \$149.50 but you get an allowance of \$30.00 for your old range, which brings the cost down to \$119.50. Only \$5.00 down and three years to pay.

R. G. & E. *Monthly Messenger*

February, 1941

"Quickie" Main Dishes Help on Housewives' Busy Days

On those busy days when you have a minimum of time to devote to the preparation of lunch or dinner try "Quickie" main dishes. There are plenty of recipes for this kind of dish that you will find satisfying in flavor and goodness. The R. G. & E. Home Service Department will be glad to supply them if you will ask for them and below suggests three "Quickies" which many housewives have already acclaimed:-

SALMON PIE

Temperature: 375° F.	Time: 25 to 30 minutes
1 can condensed cream of mushroom or celery soup	1 can salmon
1 c milk	salt and pepper to season
2 c small parboiled onions	½ c buttered bread crumbs

Mix the soup and milk. Arrange layers of onions and salmon in a buttered casserole dish, sprinkling each layer with salt and pepper. Add soup mixture and sprinkle with buttered crumbs. Bake in a preheated oven. Serve with Cornmeal Muffins, Carrot and Endive Salad and Apple Crisp.

BAR-B-Q HAM PATTIES

Temperature: 350° F.	Time: 40 to 45 minutes
1 lb. lean pork	ground ½ t salt
1 lb. ham	together ¼ t pepper
¾ c raw quick-cooking oats	1 c milk

Mix ingredients in order given and shape into patties. Brown in a skillet and arrange in a roasting pan. Cover with Barbecue Sauce, cover pan and bake in a preheated oven. Serve between toasted buns with dill pickle and celery hearts. Cabbage and pineapple salad and chocolate pudding will complete this menu.

SOUTHERN HASH

3 T drippings	½ c uncooked rice
2 large onions	1 t chili powder
1 lb. ground veal	1 t salt
2½ c tomatoes	½ t pepper

Melt drippings, add onions and cook until transparent. Add meat and cook until browned. Add rest of ingredients, cover and bring to the boiling point. Turn burner low and cook 30 to 35 minutes. Spinach, Whole Wheat Rolls and Date and Nut Pudding are good with this dish.

FREE DEMONSTRATIONS

Demonstrations are given four times each week—on MONDAY AND TUESDAY EVENINGS at 7:30 o'clock and on WEDNESDAY AND THURSDAY AFTERNOONS at 2 o'clock in the basement of the R. G. & E. Building at 89 East Avenue, Rochester. The schedule follows:

Week of Feb.	3—"Glorifying Winter Vegetables"
	10—"Entertaining on a Budget"
	17—"Kitchens"
	24—"Fish—How to Select, Cook and Serve"
Week of Mar.	3—"Deep Fat Frying of Croquettes and Doughnuts"
	10—"Easily Made Cakes and Frostings"
	17—"Broiler Meals"
	24—"Favorite Cheese Dishes"
	31—"Oven Dinners Using Fish"

*A Sun Lamp bath just once a day,
Will help to keep a cold away.*

**Two R. G. & E. Phone Systems
Give Public Better Service**



Call Main 3960 for trouble, emergency, appliance repairs, applications for service and bill information.



Call Main 7070 for Home Service recipes, Coke and other merchandise information and for all individuals.

Gigantic Co-operative Sale Of Smartly-Styled 1941 Wall Lamps . . . Use Enclosed Card For Order Blank

The Rochester Gas and Electric Corporation is joining with the leading electrical dealers in bringing you a bargain sale of LaSalle Wall Lamps. As the result of a tremendous purchase the R. G. & E. and cooperating dealers are able to offer a smartly-styled 1941 model Wall Lamp at a substantial reduction from the regular price. The particular model chosen for this sale gives glareless indirect lighting and



handsome shade in decorated ivory parchment, bound with nubby fabric. The lamp has a handy push-button switch and the patented "Stay Straight" hanger for firm attachment to any wall. The regular price of this model is \$2.45 but during the special sale, which ends March 15th, you can purchase it for \$1.99. Wall Lamps are the most useful of all lamps. All that you have to do is to tack a small brass nail with hook (which come with the lamp) into the wall wherever you need good light and then plug cord into nearest outlet. Many homes can find good use for several of these lamps, attaching them over a bed, behind an easy chair, over a desk and in various other places. Each lamp comes complete with 100-watt bulb. With this issue of the R. G. & E. Messenger you will find a postcard order blank which requires no postage. If you order from the R. G. & E. you will be billed with your next monthly service bill and if you order from a dealer we will turn your card over to him for delivery and billing.

Broiled Meats Appeal to Masculine Appetites

Broiled meats appeal strongly to masculine appetites and most tender cuts of meat lend themselves readily to broiling. The exceptions are veal, which lacks sufficient fat, and fresh pork, since uncured pork must always be cooked very thoroughly. Favorite meats for broiling are steak, lamb chops, ham and chicken.

The meat may be broiled quickly, which will give it a fine deep brown outside and a rosy hue within; or it may be broiled slowly, with the broiler three or more inches below the flame. The latter method assures more uniform cooking and is more economical, as there is less dripping and shrinkage.

Meats for broiling, to be truly successful, must not be cut too thin. Let the lamb chops—loin chops, if possible, curled around kidneys—be at least an inch and a half

thick, the ham an inch. Cut less than an

inch thick, they had better be pan-broiled. Cooked by the slow method to a pleasantly medium degree, the inch-and-a-half chops will require about ten minutes on each side, the ham the same length of time.

The broiling chicken, brushed with melted butter, starts with skin side down. After ten to fifteen minutes it is turned over, brushed again with butter and broiled for about fifteen minutes more.

Consumer of Electricity Got More For His Money in 1940 Than Ever Before In History

For 1940 as a whole, in the electric industry, the consumer received more service than ever before, at the lowest prices on record; the employee worked shorter hours, at the highest hourly wages; the taxing bodies made the largest levies in history; and the investor received a rate of return on his investment lower than at any time since the bottom years of the depression.

(CHARLES W. KELLOGG, President Edison Electric Institute).





**JUST HOW
STRONG ARE
THOSE FAT
LITTLE LEGS?**

DON'T skimp Baby on Vitamin D—the Sunshine Vitamin, that helps to make strong, straight bones. Let your Baby—and your whole family—bask in the ultra-violet rays of a

GENERAL ELECTRIC SUN LAMP

On Winter's darkest days—all through rainy Spring—you can give your Baby beneficial ultra-violet with a G-E sun lamp—the nearest thing to natural sun. A short exposure every day under a G-E sun lamp will give as much Vitamin D as an hour of summer sunshine. G-E sun lamps are accepted by the Council of Physical Therapy of the American Medical Association. Priced from \$29.95 up

R. G. & E.

Gas and Electric Service Cost Worker Less Than Cigarettes and Gasoline

Gas and electricity are the smallest items in the average wage earner's budget. According to a recent report by the United States Bureau of Labor Statistics, the gas bill is only one and one-half per cent and the electric bill only one and six-tenths per cent of the entire cost of living for an average worker's family. The Government statement, citing living costs for thirty-three large American cities during the period from 1935 to 1939 divides the average wage earner's expenses as follows: Food, 33.9%; housing, 18.1%; clothing and personal care, 12.8%; miscellaneous, 11.3%; transportation, 7.9%; recreation, 5%; household equipment, 4.2%; medical care, 3.7%; electricity, 1.6%; and gas, 1.5%.

Continuing the comparison of various items contributing to the cost of living of the average American worker's family, the Edison Electric Institute points out that even cigarettes and gasoline cost the wage earner more than either gas or electricity. While gas represents only one and one-half per cent and electricity only one and six-tenths per cent of living expenses, cigarettes take 1.8 per cent and gasoline takes 1.9 per cent.

They'll Keep You Warm

If you find it hard to keep warm on cold winter nights we suggest one of those marvelous Electric Blankets now being manufactured by the General Electric Company. These blankets, with their thermostatic-controlled pleasant warmth, help to bring restful sleep. Less voltage than is required to operate a toy train supplies the current and the blanket comes in five beautiful colors. It may be cleaned easily by any good laundry and is priced at \$29.95.



**"But Madam, I couldn't get the dinner.
I couldn't find the range."**